

For Massage Therapists:

The Week Includes: 7 days' accommodations and lodging (see options below) 3 vegetarian flex w/ chicken or fish meals per day www.puravidaspa.com for details) 24 CEU's with Trigger Point Therapy (12 hands on) and Yoga/Fitness Exercise Clinics (12 hours self care) Round-trip airport transfer to and from San Jose International Airport, and in addition, there will be time to explore the beautiful gardens, soak in the sun beside the pool, nap in a hammock, hike through rainforests, and relax in the mountainside hot tub. The Wellness Center offers a wide range of spa treatments from facials and massage to Watsu. You can also join one of the daily Eco-Adventure Tours which include whitewater rafting, excursions to volcanoes, waterfall gardens, and exotic beaches, and zip lining through the rainforest canopy. You are sure to return home rejuvenated, connected, and inspired.

For friends and spouses:

The Week Includes: 7 days' accommodations and lodging (see options below) 3 vegetarian flex w/ chicken or fish meals per day www.puravidaspa.com for details) **Yoga Fitness, (10 classes)**, Round-trip airport transfer to and from San Jose International Airport, and in addition, there will be time to explore the beautiful gardens, soak in the sun beside the pool, nap in a hammock, hike through rainforests, and relax in the mountainside hot tub. The Wellness Center offers a wide range of spa treatments from facials and massage to Watsu. You can also join one of the daily Eco-Adventure Tours which include whitewater rafting, excursions to volcanoes, waterfall gardens, and exotic beaches, and zip lining through the rainforest canopy. You are sure to return home rejuvenated, connected, and inspired.

Accommodations Options and Pricing (*does not include airfare or departure tax)

Tent Chalet Double Occupancy (per person) **\$1219** Single Occupancy **\$1500**

Standard Rooms Double Occupancy (per person) **\$1339** Single Occupancy **\$1640**

Chalet Room Double Occupancy (per person) **\$1449** Single Occupancy **\$1715**

**Spouse or friend roommate Rate: Tent (\$995) Standard room (\$1125), Chalet(\$1225)
(non participants in trigger point hands on massage CEU classes)**

Limited spaces and offers, so call now with credit card deposit. Deadline for guaranteed accommodations, May 15th. All payments are non-refundable after May 15th, but can be transferred to another future retreat offered by Refresh and Restore Retreats, either in Costa Rica or the USA.

Phone reservations (706) 663 4770, Steve Earles, on site host and provider

www.refreshmassagetherapy.com/retreats

NCBTMB approved provider # 451393-10